

Remember: You can live well with osteoporosis!

From a House a Day to Ten K

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Fracture Fact:

Exercise is very important for all, but especially for those with osteoporosis and those who are at risk of a broken bone (fracture) caused by osteoporosis.

While on our way to Whistler for Osteoporosis Canada's Nordic Walk fundraising and awareness event, I had the pleasure of meeting Evelyn Zaklan, a long-time member of Osteoporosis Canada. Like me, she was a recent convert to the pleasures and benefits of Nordic pole walking. Unlike me, she was committed to exercise long before she started pole walking. I am delighted that she has agreed to share her inspiring story of how a diagnosis of osteoporosis prompted her to take action.

When I was diagnosed with osteoporosis 15 years ago, the advice given to me back then was to start walking by adding a house-length a day. Now, I compete in the 5 and 10 km walking races in the BC Seniors Games. I share this story hoping it will inspire others to participate as well.



Evelyn Zaklan (right) on the podium to receive her bronze medal for the 5 km walk at the 2011 BC Seniors Games

First let me tell you about the games. They are held annually in BC around the end of August, alternating between the Lower Mainland and the Interior. Last summer was the 25th anniversary of the games, which were held in Burnaby. This year we will meet in Kamloops. Participants must be at least 55 years of age, and about 3,000 seniors participate. There are 22 events ranging from whist, bridge and one-act plays to track and field, mountain biking, swimming and more.

Ten years ago my husband, who is good at throwing things around, entered the field events in track and field. I was looking for an event to enter as well, but because of my osteoporosis, I by-passed biking (I can't risk falling) and bridge (long periods of sitting down is not good for my spine) so I decided on the race-walking events as a good form of medicine for my bones.

In the 5 and 10 km power-race walks it is not necessary to do the "official" hip movement (my friends laugh when I demonstrate). Judges only

watch to make sure the competitor does not jog or run. Participants compete within 5-year age range categories. This year I will move up into the 70-74 year age category. A certain lady who walks 5 km in 32 minutes is again in my age group and I will have to train hard to catch her, as my best time is 38 minutes for the 5 km walk.

Attending the games is truly an inspiration because many competitors, even in the track and field events, are in their nineties!

I hope this will encourage you to find the Seniors Games in your province. You will not only have fun participating and making new friends, you will also make stronger bones. – Evelyn

Evelyn completed the 10 km course of the Whistler Nordic Walk on June 8. Congratulations Evelyn and best of luck at the BC Seniors Games in Kamloops! *Larry, Chair, COPN*

Reminder: An invitation to all COPN Members: We need your help!
Are you too fit to fracture?

Exercise is an important strategy in the management of osteoporosis. We are looking to improve our educational tools and programs on exercise and we would like input from you. The researchers at the University of Waterloo want to find out how active you are and to determine what things help or hinder you from being active. Your input will be used to develop future educational tools and inform future research. You may recall the November 23, 2012 COPING issue, where you were invited to fill out an online survey about osteoporosis and exercise that takes 30-40 minutes to complete. Your contribution will make a positive impact on the lives of individuals living with osteoporosis! If you haven't already completed this survey last fall, please click the link below and fill out the survey.

<http://fluidsurveys.com/surveys/uwaterloobonelab/osteoporosis-exercise/>

FUNNY BONE: Time flies like a bullet. Fruit flies like a banana.

Upcoming Virtual Education Forum

Optimizing Nutrition for Bone Health

Wednesday, September 25, 2013

1:30pm to 3:00pm ET

[Speaker: Andrea Miller, MHSc, RD](#)

Registration Opens Today!

[Click here](#) for registration information.



Osteoporosis Canada
Ostéoporose Canada



Wednesday, September 25, 2013

VIRTUAL EDUCATION FORUM Optimizing Nutrition for Bone Health

Presenter: Andrea Miller, MHSc, RD

Presentation Times by Time Zone

PT: 10:30 a.m. to 12:00 p.m.
MT: 11:30 a.m. to 1:00 p.m.
CT: 12:30 p.m. to 2:00 p.m.
ET: 1:30 p.m. to 3:00 p.m.
AT: 2:30 p.m. to 4:00 p.m.

**Registration Opens
Friday, August 16th, 2013**



What is a Virtual Education Forum? Our virtual forums allow people from all over the country to view presentations in the comfort of their own home or office. Register for this event and have your questions answered by registered dietitian, Andrea Miller in real-time.

How do I register?

Visit <http://www.osteoporosis.ca/osteoporosis-and-you/copn/virtual-forum/>

For more information please contact:

copn@osteoporosis.ca or 1-800-463-6842 ext. 224

Free Event

For more information on Osteoporosis Canada and the Canadian Osteoporosis Patient Network (COPN) call 1-800-463-6842 or visit our website at www.osteoporosis.ca

A Recipe from our Sponsor

BBQ Spinach Ricotta Pizza

Pizza is always fun for dinner. Serve with a mixed green salad and a fruit smoothie, for a family night treat.



Course: *Main Dishes*
Cooking Time: *8 mins*
1/2 milk product serving(s) per person

Preparation Time: *5 mins*
Yields : *4 servings*

Preparation

1 1/4 cups (300 ml) **Canadian Ricotta cheese**
1/3 cup (75 ml) pizza sauce
1 12-inch (30 cm) pre-baked whole wheat pizza crust
2 cups (500 ml) packed baby spinach, coarsely chopped
1/4 cup (50 ml) shaved **Canadian Parmesan cheese**

Instructions

Preheat grill to medium and lightly grease.

In a small bowl, combine Canadian Ricotta cheese and pizza sauce; spread on pizza crust. Top with spinach and sprinkle with Canadian Parmesan cheese.

Place pizza directly on grill. Grill covered, for about 8 min or until crust is golden brown and crisp and Parmesan cheese is melted, adjusting heat if necessary.

Tips

Alternately, preheat oven to 425°F (220°C). Place pizza directly on the middle rack of the oven. Bake for about 10 min or until the crust is golden brown and crisp and Parmesan cheese is melted.

If you don't have pizza sauce on hand, use tomato sauce.

For the Adventurous: Kick up the heat and add 1/2 tsp (2 ml) hot pepper flakes to the Canadian Ricotta cheese and sprinkle 1/2 cup (125 ml) chopped grilled eggplant over the spinach.

For more information about this recipe:

<http://www.dairygoodness.ca/getenough/recipes/bbq-spinach-ricotta-pizza>

NOTICE: Every issue of COPING is vetted by members of Osteoporosis Canada's Scientific Advisory Council to ensure accuracy and timeliness of content. These newsletters are not intended to promote or endorse any particular product. Product references, if they appear, are for illustration only.

These newsletters are not intended to replace individualized medical advice. Readers are advised to discuss their specific circumstances with their healthcare provider.

This issue of COPING is sponsored by Dairy Farmers of Canada



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DAIRY FARMERS OF CANADA



getenough.ca